

Of Interest to Every Woman

Edited by Martha Westover.

Beautify Your Children

BY LILLIAN RUSSELL.

(Copyright, 1914, by Lillian Russell.)
The number of children who are educated today without any real knowledge of any one subject is appalling. Not one out of a hundred of them is fitted for any occupation requiring skill or special knowledge. Thousands of school graduates, because the law compels them to acquire a certain amount of education and for no other reason.

It would seem that parents resent compulsory education so much that they do it for their children. They are only waiting for them to arrive at the age when they can be thrust into some sort of remunerative occupation to "help the family," as they call it. It is of no interest to them whether the child enjoys the work he or she is put to—that is rarely considered, for they reason that, being in any business in any capacity teaches business. According to one woman's reasoning, a department store for five years can, as efficiently, be an accountant in the office.

The teaching of Froebel should be followed in this country. Real civilization culture is attained only by taking a firm grip upon realities at some particular point. "A Jack of all trades is master of none," but a master of one trade is in a fair way to become a master of many.

Mothers should have, and do have, the interest of their children at heart. They bring them up from babyhood and plan their future while they rest upon their beautiful little sleeping heads upon their breasts. It is left to the mothers alone to their children would each and every one of them, have an education suitable to their tastes and physique.

Each parent should make it their duty to see that their children are not denied their inalienable right to learn something useful in this world. Remember: All gifts of nature are of no use if misapplied.

Lillian Russell's Answers.
D. W.: The peroxide and ammonia should be applied twice a day. I cannot recommend an operator of the electric needle to you, but there are several good ones in the city. Any reliable beauty parlor will remove superfluous hair with the electric needle. If the growth of hair is light you can easily remove it with the peroxide and ammonia, but if it is heavy by all means have it removed with the electric needle, for nothing is more destroying to beauty than a dark heavy growth of superfluous hair on the face.

O. J.: Your troubles require massage of the whole face, and as the directions for massage are too long to print I will have to ask you to send me a stamped addressed envelope for a personal reply. I shall also send you

FOR THE GARDEN PARTY.



the formula for skin food to use with massage, but building up the tissues of the face and eradicating wrinkles.

Belle: No, I do not think you are too stout for your height. You are too young to try to reduce. I think you will become thinner when you are a little older. Many girls of your age become stout, but get thinner in a short time. All you must do is get plenty of good nourishing foods and exercise. Sleep at least eight hours a day.

Mrs. F.: I am sorry, but I know nothing that will curl the hair permanently. Why don't you try doing your hair up on the old-fashioned curlers? They give the hair a pretty soft wave. You might dampen it with a little curling fluid before doing it up. This will keep it in curl several days. I shall be glad to send you the formula for the curling fluid if you will send me a stamped addressed envelope.

Marie W.: If your ankles swell, I should say it was caused from some internal trouble or from the low shoes. Try wearing high shoes for awhile. Stop eating pumpkins, where there is no support for your ankles. Your ankles may be weak. I would also advise you to consult a physician, for there may be some internal trouble.

EXERCISE AND EATING

Not a Few Have Wrong Ideas on the Subject.

A good dinner at night is necessary for those whose business or work keeps them up very late. But for ordinary folk, who dine at 6 or 7 and go to bed about 10:30, only a light, wholesome repast should be taken at the end of the day, when muscles and nerves are more or less exhausted, says a physician.

A "tired stomach is a weak stomach" is a golden rule to remember. Yet how often one hears people say: "I've been eating about all day, and am tired to death. I must have a big meal to make up for it." You may put the big meal into the stomach, but you cannot make the stomach digest it.

A belief lives strong in the hearts and minds of the majority of mankind, including persons of weak digestion, that a quick, brisk walk taken before a meal sets up an appetite and helps the stomach digest the food. Now, this is exactly what it does not. Exercise spreads the blood through the body. The old-fashioned middie dinner is not a bad thing.

The Times-Dispatch Children's Club

Edited by Brent Witt.

The T. D. C. C.

KEEPING OUT OF THE SUN.

My Dear Girls and Boys:
Are you keeping out of the sun these very hot and sizzling days? I wonder in the very hottest part of each day whether you are not so busy playing splendid holiday games that you have forgotten to think of the big old sun shining down on your heads, because that is what makes children sicker than anything else in the world. Don't forget your hats, children, and, because the nice golden sunshine will turn your playtime into a sick old fever-time if you stay in it too much.

YOUR EDITOR.

MY PETS.

I have a little black kitten. He is just as sweet as he can be. I have a ball that he plays with all the time. I have a black hen. She is always in the back porch. I give her wheat and she eats out of my hand. When she was a little baby chick her mother wouldn't have her, and I raised her in the house. I used to have a dog named Jeff, but the mad dog bit him, and he died. Now I have one named Mutt.

By EDITH G. GILLIS.

NAMES OF LAKES IN FIGURES.

12 11 5 19 21 16 5 18 9 15 18.
12 11 5 8 21 18 15 14.
12 11 11 12 9 8 5 7 1 14.
12 11 5 5 18 9 5.
12 11 5 17 14 20 1 18 9 17.
7 18 5 1 20 19 1 12 20 1 11 5.

Composed by DAISY LEE GIBSON.

Peake's Turnout, Va.

JUMBLED NAMES OF GIRLS.

1. Lfroneec.
2. Shilene.
3. Lelzibhat.
4. Urht.
5. KATHLEEN HALL.
6. Fishersville, Va.

JUMBLED NAMES OF TREES.

1. Samogial.
2. Mephapikoa.
3. Gelnapikea.
4. Dowddoo.
5. Tchokir.
6. Tocknitu.
7. Malp.
8. Cheap.
9. Reap.
10. Palep.
11. BETH THOMAS
12. Rio Vista, Va.

CHILDREN'S LETTERS.

Thank You So Much.

Dear Editor:—We are at Braddock Hotel. It is perfectly beautiful here. We are up on top of a mountain, and when you look down in the valley it is beautiful. I am enclosing a postal for you, which I hope you will like. I will write a longer letter next time.

Your member, VIRGINIA VER VERE.

Hotel Braddock, Braddock Heights, Md.

Ritzi Hot.

Dear Editor:—I am sending in a few contributions, which I hope you will publish. I have nearly mailed for two or three days. Last Monday was my birthday. I was surprised when I looked at the calendar and saw that it was my birthday. I went to the country Sunday morning and came back Sunday afternoon. I am going to go again about the middle of August and spend a part of my vacation. I will have to close now, so good-bye.

Your old member, GRACE E. TURNER.

334 Perry St., Woodland Heights, Md.

Sends Drawings.

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